metro
NEW YORK CITY NO. 1 FREE DAILY IN T
Thursday, January 4, 2018 metro.us | t: MetroNewYork | f: Metro

Finding a delicate balance. 15

'SWISS CHEESE'

Islanders defense, goaltending full of holes that need plugging. 20

Flu shot 2017 effectiveness is low. 12

BRACE YOURSELF

A coming snowstorm is so massive that it has bypassed the term 'blizzard' and is instead being dubbed a 'bomb cyclone.' Based on what forecasters are saying, the extreme weather event will unleash a fury worthy of the term. 4 & 6

GETTY IMAGES

WELCOME TO METRO.US

SAM BRODSKY, REPORTER

Bundle up! The highly anticipated winter storm — or "bomb cyclone" — is finally here. Metro got the inside scoop from the experts on what to expect and how to brace for the frigid conditions. Read on for more and see updates about the culminating weather at **metro.us**.

SPOTIFY CONFIDENTIALLY FILES FOR IPO IN 2018

1 Music-streaming service Spotify has filed confidentially with U.S. regulators for an initial public offering and is targeting a direct listing in the first half of 2018 that would allow some longtime investors to cash out, a source familiar with the matter said Wednesday. If Spotify, which was valued at as much as $19 billion last year, goes ahead with its plans, it would be the first major company to carry out a direct listing, an unconventional way to pursue an IPO without raising capital. A direct listing mainly eliminates the need for a Wall Street bank or broker to underwrite an IPO along with many associated fees, and could change the way companies approach selling shares to the public. The company said in June it had more than 140 million active users while listing more than 30 million songs, but it is paid subscribers that count most in business terms.

GOOGLE EXPLORES SALE OF REVIEWER ZAGAT

2 Alphabet Inc.'s Google is exploring a potential sale of Zagat, the restaurant-review guide which the search giant bought for $151 million in 2011, people familiar with the matter said. A sale of Zagat would mark a course reversal for Alphabet's once-ambitious plans for the brand, spearheaded by former Google executive Marissa Mayer, who went on to become Yahoo Inc.'s chief executive. Zagat gradually became less of a priority as Google focused on drawing traffic to its Google+ social network. Google has held informal talks in recent months with multiple companies about offloading Zagat, the sources said, asking not to be named because the matter is private. Any deal would likely involve the Zagat brand name and website, the sources have also added.

5 THINGS YOU NEED TO KNOW

NIAGARA FALLS NEARLY FROZEN

3 Tourists in Niagara Falls walk along the nearly frozen American side of the Falls on Wednesday. The cold snap, which has gripped much of Canada and the United States, has nearly frozen portions of the Falls.

GETTY IMAGES

NEW SENATE DEMOCRATS SWORN IN AT CAPITOL

4 Democrats boosted their ranks in the Senate on Wednesday, trimming Republicans' edge in the chamber to 51-49 with the swearing in of two new lawmakers from Alabama and Minnesota. In a ceremony at the U.S. Capitol, officials administered the oath of office to Doug Jones, who won last month's special election in Alabama to become the state's first Democratic senator in 25 years, and Tina Smith, who is replacing fellow Democrat Al Franken a day after he resigned over sexual harassment allegations. Vice President Mike Pence conducted the swearing-in ceremony for both Democrats simultaneously. Jones was escorted to the Senate chamber by former Vice President Joe Biden, while former Vice President Walter Mondale, who is also a former senator from Minnesota, accompanied Smith.

TRUMP: FORMER AIDE BANNON 'LOST HIS MIND'

5 President Donald Trump on Wednesday blasted former White House adviser Steve Bannon as having "lost his mind" in the fallout over damaging comments Bannon made about Trump's son, Donald Trump Jr., in excerpts of a new book. Trump, who had continued to speak privately with Bannon in the months after firing him as the White House chief strategist last August, essentially cut ties with Bannon, at least for now, in a blistering statement issued after Bannon's comments about Don Jr. came to light. In excerpts of the forthcoming book, Bannon called a June 2016 meeting with a group of Russians at Trump Tower in New York arranged by the president's son and attended by top Trump campaign officials "treasonous" and "unpatriotic."

NORTH KOREA

56%

Fifty-six percent of Americans expressed uneasiness in President Donald Trump's ability to handle North Korea.

Source: CBS News

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Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st Floor Jackson Heights, NY 11372	12/22	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st Floor South Richmond Hill, NY 11419	12/20, 1/3, 1/17	3pm–5pm
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Long Island (Nassau County)	**Address**	**Date**	**Time**
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	12/16, 12/30, 1/13, 1/27	2pm–3:30pm
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The truth about the 'snow bomb' hitting the East Coast today

It's here.

SAM BRODSKY
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Many are calling it "bomb cyclone," "snow bomb" or "bombogenesis," but if you set foot outside, you'll know it as the big brother of the bitter cold we started to feel this holiday season. The Weather Channel reported that the frigid weather is to blame for at least a dozen deaths across the U.S. as of Wednesday, and now, we're getting stronger winds and heavy precipitation.

The storm, which is expected to start Wednesday night and last until Thursday evening or early Friday, will bring 6 to 12 inches of snow to parts of the East Coast.

Metro spoke to meteorologist John Cristantello from the National Weather Service (NWS) to get to the bottom of what exactly we should expect from this "bomb" of a winter storm.

According to Cristantello, in simple terms, "bombogenesis" is an unofficial label given to storms that are rapidly strengthening. What we face Thursday will mainly be a "snow event" that will continue throughout the day and slow by early evening. New York residents should expected 3 to 6 inches across the city, and there's no prediction of mixed precipitation.

Cristantello predicted 35 to 45 mph wind gusts with temperatures in the upper 20s (nothing compared to that record-low New Year's Eve ball drop).

However, Cristantello said that temperatures will drop to around 10 degrees by Thursday night and early Friday morning. He noted there will be variations throughout the city, and with the wind chill, it will feel like -5 to -10.

A meteorologist from the NWS in Mount Holly, New Jersey, told Metro that the storm — both temperatures and wind speeds — should hit Philly similar to NYC. Philly, however, is expected to receive only around 2 to 4 inches of snow also tapering off by late Thursday.

In comparison, Boston is expected to get hit harder, with up to 12 inches of snow and winds as high as 50 mph by Thursday night, according to the NWS site.

To fight back against potential frostbite, Cristantello urged people to "try to dress in layers and cover all exposed skin."

Though the weather is expected to be dry by Friday, we should brace for residual cold into the weekend.

Cristantello stressed that our main concern should be slippery roads that "will impact travel," adding that if you don't need to be on them, stay indoors.

"We've seen snow like this before," Cristantello concluded. "But all it takes is a little coating of it to create hazardous travel conditions."

A winter storm is set to hit the East Coast on Jan. 4. GETTY IMAGES

3-6 INCHES
New Yorkers should expect 3 to 6 inches of snow in the city.

35-45 MPH
Wind gusts are predicted to be 35 to 45 mph on Thursday.

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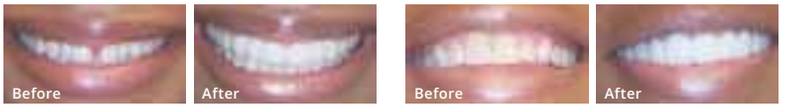

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New York City preps for 'bomb cyclone' of winter weather

We can't say we haven't been warned about what's coming this week.

NIKKI M. MASCALI
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The ground may be clear at the time of this writing, but New York City — and most of the East Coast — is bracing for a "bomb cyclone," a winter storm that will bring hurricane-like gusty winds, sleet, snow and continuing below-freezing temperatures well into Friday.

With the National Weather Service forecasting as many as 6 inches of snow in New York, the city began issuing winter advisories, warnings and tips well ahead of the first snowflake.

An NWS Winter Storm Watch is in effect until Thursday night, and the agency also issued a Coastal Flood Advisory from 9 a.m. to noon Thursday for vulnerable areas along the coasts of Queens and Staten Island.

At press time, there were no MTA service changes in anticipation of the snow, and the MTA did not respond to a Metro request for comment.

The city's official Twitter account did issue a tweet stating that public schools would be closed: "NYC public schools will be closed tomorrow, Thursday, January 4th, due to the snowstorm."

While this is the first major weather event expected this winter, the city's Department of Sanitation has been ready for months, Chief Edward Grayson said Wednesday on "Prep Talk," the Office of Emergency Management's podcast.

"Snow removal is absolutely a year-round process at DSNY. We literally begin preparing for a winter season at the end of a winter season," he said.

Before winter, Grayson said DSNY inspects plows and other equipment, calculates salt and other supplies and puts its workers through drills to ensure they are ready for inclement weather.

The department will deploy 693 salt spreaders and dispatch 1,500 plows when more than 2 inches of snow accumulate. Its PlowNYC progress tracker will be activated at nyc.gov/severeweather.

While parking meter payments will remain in effect, alternate-side parking has been suspended for Thursday and Friday for DSNY snow-removal operations.

"I know it's an annoying thing, moving your car is terrible," the Queens native added. "The decision to suspend is usually done to benefit the public because we understand it's not a good time to be out there moving a car."

Grayson urges New Yorkers to abide by official advisories and warnings during these wintery days — and use common sense. "Use mass transit, stay off the roads when told, dress appropriately, stay warm, watch for the frostbite," he said. "You'd be surprised how many people put themselves in jeopardy because they haven't abided by common sense."

The city's Department of Sanitation, which began winter prep at the end of last winter, will deploy 693 salt spreaders like this one ahead of the "bomb cyclone" expected Thursday. FLICKR/DSNY/MICHAEL ANTON

STORM TIPS

Some other suggestions from DSNY Chief Edward Grayson:

Don't park all the way to the corner
"What's going to happen is you're cutting down my turn radius. We're trained drivers, but you're going to give me a challenge I don't need with a plow," he said.

Mind the drain — and hydrant
If you're shoveling, keep storm drains clear of snow, Grayson said — and that goes for fire hydrants, especially after the recent spate of devastating fires. "You certainly don't want to stop the FDNY from accessing the hydrant," he said.

Be a good neighbor
While many people shoveling may be able-bodied, Grayson asks New Yorkers to think of others who are not so lucky when shoveling and clear a wider path and shovel for your vulnerable neighbors.

Be patient with DSNY workers
"We need some patience because we are victims of the same meteorological event at the same time," Grayson said.

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North Korea reopens border hotline as Trump boasts of 'bigger' nuclear button

President Trump and Kim Jong Un have exchanged a series of bellicose comments recently, raising alarm around the world.

North Korea reopened a long-closed border hotline with South Korea on Wednesday, hours after President Donald Trump appeared to mock the North's leader by saying he has a "bigger and more powerful" nuclear button than he does.

The North's decision to open the border phone line came a day after South Korea proposed high-level discussions amid a tense standoff over North Korea's missile and nuclear programs.

That followed North Korean leader Kim Jong Un's New Year address in which he said he was open to speaking with the South and would consider sending a delegation to the Winter Olympics to be held just across the border in Pyeongchang in February.

U.S. officials said Washington would not take any talks between North and South Korea seriously if they did not contribute to denuclearizing North Korea. A State Department spokeswoman said North Korea "might be trying to drive a wedge of some sort."

Kim ordered the reopening of the hotline at the truce village of Panmunjom on Wednesday, when South Korean officials at the border received a call from the North, the South's unification ministry said in a text message.

Officials on both sides were checking the line and conducting a conversation for about 20 minutes, the contents of which were not disclosed by the ministry.

That gesture came only hours after Trump, who has mocked Kim as "Little Rocket Man," again ridiculed the North Korean leader on Twitter.

"Will someone from his depleted and food starved regime please inform him that I too have a Nuclear Button, but it is a much bigger & more powerful one than his, and my Button works!" Trump tweeted.

While appearing to open the door to discussing taking part in the Winter Olympics, Kim also warned that he would push ahead with "mass producing" nuclear warheads in defiance of U.N. sanctions.

His New Year's Day speech came after a steep increase in missile launches in 2017, as well as the North's sixth and most powerful nuclear test. Kim, who has vowed to develop a nuclear-tipped missile capable of reaching the United States, said he had a nuclear button on his desk.

The hotline with the South was shut down by North Korea in February 2016 in retaliation against the closing of a border factory town that was jointly operated by the two Koreas.

"We will try to keep close communications with the south Korean side from sincere stand[sic] and honest attitude, true to the intention of our supreme leadership, and deal with the practical matters related to the dispatch of our delegation," the North's KCNA news agency quoted Ri Son Gwon, chairman of North Korea's Committee for the Peaceful Reunification of the Fatherland, as saying.

The talks would aim to establish formal dialogue about sending a North Korean delegation to the Olympics, Ri said.

South Korean presidential spokesman Yoon Young-chan said the North's decision to open the hotline had "significant meaning" because it could lead to constant communication.

U.S. officials had voiced scepticism about the possibility of meaningful talks, particularly if they did not take steps toward banning North Korea's nuclear weapons.

REUTERS

North Korean leader Kim Jong Un has recently signaled that he would be willing to open a dialogue with South Korea. GETTY IMAGES

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NYC TRANSPORTATION PROJECTS COMPETE AGAINST EACH OTHER FOR FUNDING

People walk out of a subway train at the newly-launched 96th street station on Jan. 4, 2017. GETTY IMAGES

LARRY PENNER

Analysis

Gov. Andrew Cuomo and Mayor Bill de Blasio have competing wish lists for capital transportation-improvement projects that even Santa Claus couldn't deliver.

NYC already faces competition within the metro area for potentially $80 billion-plus needed to fund major capital transportation improvements. Everyone has his own priority wish list, which, in many cases, conflicts with others who have different agendas. So just where do both Mayor Bill de Blasio and Gov. Cuomo stand on some of these ideas?

Cuomo still owes $5.8 billion toward the $32 billion MTA 2015-2019 Five Year Capital Plan, plus an additional $1 billion he recently pledged in response to recent NYC Transit subway and LIRR Penn Station problems. He also owes $7.2 billion as New York state's 25 percent share for the New Jersey-to-Penn Station $29 billion Gateway Tunnel project.

Many NYC Council members are supporting the Commuter Rail Fare Equalization Proposal. This would allow NYC residents to pay the same $2.75 fare on the LIRR or Metro North Rail Road as riding the NYC Transit Subway and provide a free transfer to the NYC subway. How will NYC provide the MTA with $200 million to cover the cost? Another $200 million is needed to provide half-fare MetroCards for several hundred thousand residents earning less than $26,000 a year. Mayor de Blasio also wants a free transfer for private municipal ferry riders and future Brooklyn Queens Street Car Connector riders to NYC Transit bus or subway. Combined, that would cost the MTA millions in lost revenues that City Hall would have to make up.

Of the $6 billion total, $4 billion is still needed to construct Phase 2 of the Second Avenue Subway. This will leave a balance of $14 billion to pay for Phases 3 and 4 of Second Avenue Subway. Add another $20 billion for those who dream of extending the 2nd Avenue subway north into the Bronx and south into Brooklyn.

What about finding $800 million to build the No. 7 subway station at 10th Avenue & 41st? This was dropped from the original scope of work for the No. 7 subway Hudson Yards extension as a means to keep the project within the final $2.4 billion budget.

Some dream of finding $10 billion more for the No. 7 subway extension from the Javits Convention Center on the west side of Manhattan to New Jersey Transit's Secaucus Junction station by Exit 15X on the NJ Turnpike. Others desire $5 billion to build an alternative extension of the No. 7 subway to the PATH/NJ Transit Station in Hoboken, New Jersey.

The proposed Metro North Rail Road access to Penn Station via the Amtrak Hell Gate Bridge, which would include construction of several stations in the east Bronx, is budgeted for $695 million but could easily cost over $1 billion. Several hundred million more would be needed to provide new service from Riverdale and the west Bronx using Amtrak's Empire Hudson line corridor which already provides service into Penn Station.

The LaGuardia Airport Train to the Plane will cost $1 billion with only $70 million approved to date leaving a shortfall of $930 million.

The $3 billion new Penn Station will end up needing far more than $300 million in combined assistance from the MTA, NJ Transit, Amtrak along with Port Authority of NY and NJ. Does anyone really believe that potential developers will spend $2.7 billion of their own funding to pay for this?

Baby Boomers Benefitting From Knee Arthritis Tr

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows P

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

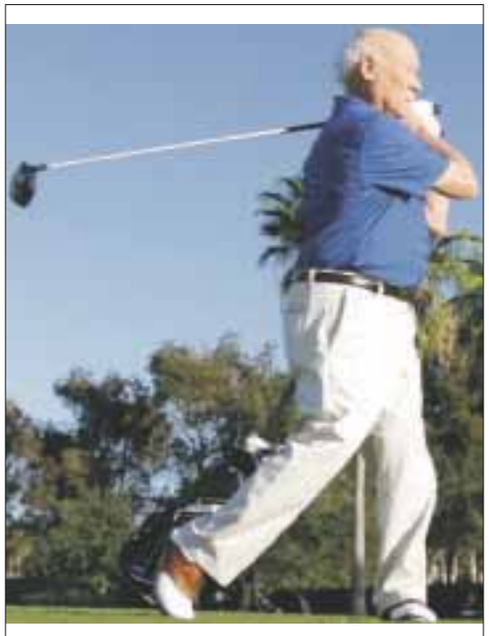
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." *William La Spina* . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results: Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Lousiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underewent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of $4706.00 per patient if treated with viscosupplementation was estimated . In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to $9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

reatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at ***NYC Pain MD*** could be the best thing you could do for yourself . But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplmentation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at ***NYC Pain MD.***

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At *NYC Pain MD* Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The *NYC Pain MD* 'X" Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be “Rich and Famous” because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime .

The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at ***NYC Pain MD*** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if the are candidates… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That’s why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you .Zero risk or obligation. Just call 800-741-5340 Tell them, “I would like the knee screening.” They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: *Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs*

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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www.PAINMDNY.com

Flu shots are not so effective this year

But experts say you should get one anyway.

MEAGAN MORRIS
@MetroNewYork
letters@metro.us

We have some bad news if you're one of the people who opted for a flu shot this year: It might not actually keep you from getting the flu.

"It's just one of those years where the CDC is seeing that this strain of flu is only somewhat covered by the vaccine," Jennifer Radtke, manager for infection prevention at the University of Tennessee Medical Center in Knoxville, told USA Today. "They're seeing that it's anywhere from 10 to 33 percent effective, so anytime there's a mismatch between the vaccine and the circulating strain of the flu, you're going to see more cases."

Why flu shots' 2017 effectiveness is low

It takes scientists at least six months to grow the flu strains used in the annual flu shots, so they have to decide which strains to target months in advance — a decision made based on the previous flu season in Australia. The problem? Influenza viruses tend to change during those months, making the flu shot less effective.

"So by the time we pick a version of the virus to make into a vaccine and put it into production, it might take six to eight months and in that time the virus might change," Dr. Pardis Sabeti, a Harvard professor and infectious disease expert, told "CBS This Morning."

This is concerning for health officials, with the U.S. Centers for Disease Control reporting that "influenza activity increased sharply in the United States" during the second-to-last week of 2017. The most common strain found in those with the flu during that week was influenza A(H3) with 36 states reporting "widespread" cases of the flu with three confirmed child deaths during that week.

It takes scientists at least six months to grow the flu strains used in the annual flu shots. GETTY IMAGES

In all, the CDC says that anywhere between 12,000 to 56,000 people have died from the illness annually since 2010 with another 140,000 to 710,000 hospitalizations.

Should you still get the flu shot?

Yes, you should still get the flu shot even if it's not as effective, according to medical experts.

"We often see a season last three months, so there's still time to do it," Dr. Richard Zimmerman, a physician at the University of Pittsburgh School of Medicine, told Newsweek.

"Even 10 percent effective is better than nothing, and a lot of it has to do with herd immunity — the more people are protected from it, the more other people will also be protected," Sabetti added to "CBS This Morning." "In fact, in a year where it's low effectiveness, it's even more important that everybody get it so we can get as much resistance and we don't allow the virus to thrive and grow and keep changing."

And if you do get a flu shot? It pays to be in a good mood when you go. A 2017 study conducted by researchers from Nottingham University in the U.K. found that "greater positive mood, whether measured repeatedly over a six-week period around vaccination, or on the day of vaccination, significantly predicted greater antibody responses to influenza vaccination."

In other words?

Human bodies have a better reaction to immunization if we're not stressed out about it — not always easy when it comes to getting a needle stuck into your arm.

NYC HEALTH

This NYC gym wants you to work out naked

Many people start working out every January to look better in their birthday suits, but a new fitness class at a Lower East Side gym wants you to work out naked.

"These naked personal training sessions are all about creating a new you, as guests burn the calories whilst nude," the team at Hanson Fitness wrote in a Facebook post announcing the class. The gym claims that working out sans clothes provides "a number of benefits" including "skin breathing, the release of endorphins due to vitamin D from sunlight and complete body awareness."

There are some health aspects to consider before signing up for the Hanson Fitness class. Gyms have a bad reputation for spreading Methicillin-resistant Staphylococcus Aureus (MRSA), an infection that is becoming more common.

The best way to avoid contracting MRSA or other nasty infections from the gym is to wipe down all surfaces — and don't allow skin contact with the gym equipment. Don't worry, though: You don't have to strip down to attend Hanson Fitness.

"Nude underwear can be worn if desired," the gym wrote on Facebook. MEAGAN MORRIS

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the word

Hoda Kotb is making way less than Matt Lauer

I have a soft spot in my heart for Hoda Kotb. Too bad she got the short end of the stick when it comes to her new salary as co-anchor at "Today."

Page Six reports that the "Dateline NBC" alum will be making a measly $7 million-a-year as Matt Lauer's replacement. Her co-host, Savannah Guthrie, earns the same amount. Consider that no-good Megyn Kelly — whose hour on the "Today" show is a garbage fire— makes $20 million. Matt Lauer — who Kotb is replacing — made $25 million.

But! An insider says that Kotb isn't complaining about her new salary. "She has landed the big job she always dreamed of, and most definitely deserves," the source says.

"Plus, Matt's salary reflected the long time he was on the show — 25 years. … Hoda could ask for more next time if she reups her contract. But the figures underline the huge wage disparity at NBC News." Clearly!

Hoda deserves the world, NBC. You best give it to her — and don't dare take away her morning pinot grigio, either.

Chip & Joanna expecting baby No. 5

These two don't seem annoying at all!
INSTAGRAM/@ CHIPGAINES

Chip and Joanna Gaines — the "Fixer Upper" couple that won't quit (except for the show, they quit that) — are expecting a fifth child. Five children. In this day and age. Can you imagine? After teasing the news via Twitter and Instagram, as you do in this thirsty-ass social-media age, the Gaineses confirmed the pregnancy with a picture of their um, "matching" baby bumps. I'll just assume that Chip's "baby" is made out of food remnants and excessive gas. He looks the type.

Joanna shared a sonogram on her own Instagram, writing "Chip swears he can already tell it's a boy. Look at the little heartbeat!!" Ah yes, I always forget that Chip Gaines is a qualified doctor (he is not).

The couple already has four children: Drake, 12; Ella, 11; Duke, 9; and Emmie Kay, 7. This is their first child since beginning their "Fixer Upper" dynasty — could it be this is why they're quitting the show?

Anyway, congratulations!

Good ol' William Bradley.
ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Brad Pitt flirted with a lady

Brad Pitt — a famous actor and aging hipster with tons of sex appeal — reportedly flirted with a woman. And because William Bradley Pitt is as smooth as, I don't know, peanut butter? Regular butter? He used his given name to do said flirting while on a coffee run in Los Angeles.

"He arrived by motorcycle, wearing sunglasses, jeans and a leather jacket," a nosy person tells Page Six. The 54-year-old struck up a conversation with a blond lady who was in line, who the eyewitness describes as "like Kate Bosworth, but it wasn't her." Sure!

"Hi, I'm William," he said. "Oh, you look like a Bradley," she said. "Well that's my middle name," he said. He smiled. He winked. It's just like in the movies, but way more boring!

Then he rode off into the sunset on his motorcycle, his scarf blowing in the wind behind him, the fine lines of a smile warming his barely wrinkled, probably Botox'd, very beautiful face. Presumably. I wasn't there. And honestly? Brad Pitt flirting is not actually newsworthy, so.

Finding a delicate balance

"Soaring Wings" relies on emotion rather than words to tell its story. SHANGHAI DANCE THEATRE

things to do

Shanghai Dance Theatre's "Soaring Wings" is "an aesthetic experience" with a conservation message.

EVA KIS
@thisiskis
eva.kis@metro.us

The climate-change movement has the polar bear. China's conservation activists have the crested ibis.

How the Northeast Asian "bird of good fortune" was brought back from the brink of extinction and became an icon of environmental protection is the story of Soaring Wings, a lush production by Shanghai Dance Theatre coming to Lincoln Center on Jan. 5-7.

"The crested ibis symbolizes the idea for Chinese people that human beings and nature are intertwined and accordingly, nature should be respected and protected," explains Chen Feihua, the troupe's artistic director.

The distinctive bird with its bright-red skin and long curved beak was once widespread from Taiwan to Russia. But by 1981 just seven wild crested ibis remained in China's Shaanxi province, spurring an international conservation effort that brought the species back from the brink of extinction. "Soaring Wings" traces this story from ancient China to its hopeful future, evoking the emotion of nearly losing the ibis forever to inspire an ongoing mission of a more conscientious future.

"Its destiny is more like a history of the environment," explains Tong Ruirui, Shanghai Dance Theatre's director and choreographer. "Modern times witnessed the awareness of natural protection, but also the near extinction of the crested ibis. Many extinct animals were completely out of human beings' sight, but these birds are an exception."

Adapting its story for "Soaring Wings" came naturally to Ruirui. The bird's elegant lines mirror that of dancers, while using movement instead of words crosses cultural barriers to spread a universal idea, relying more on conveying the feelings of how humans have influenced the fate of the crested ibis, for better and worse.

Instead of relying on the usual dance drama plotline of a love story, Soaring Wings creates a "special aesthetic experience" through the rhythms and grace of Chinese dance and ballet.

"Essentially," says Ruirui, "the dance drama is one of reality and a combination of both classical aesthetics and modern expressions."

If you go

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What you'll be drinking in 2018

We asked some of the city's top mixologists to look into our drinking future and share the cocktail trends they're seeing. **EVA KIS**

Bitter Spirits Take the Spotlight

The low-ABV cocktail trend is still going strong, and cocktails are getting more diverse for it. "People in cities want to enjoy a night out and still have to be high-functioning humans the next day," says Freddie Sarkis of Liquor Lab, the new cocktail school for amateur enthusiasts. Expect to see bitter Italian spirits like amaro with "big flavor with low (alcohol) impact. This is a favorite amongst bartenders, so it only makes sense that they're offering them to guests."

Tim Harris, owner/beverage director at Upper East Side Australian cocktail bar Manhattan Cricket Club, doubles down on his prediction, adding vermouth and sherry to the list of rising spirits. "People are beginning to appreciate them individually and for their versatility in cocktails. I think we will see a lot more cocktails this year where these spirits feature as the main ingredient."

GETTY IMAGES

The Next Big Craft Spirit Is Gin

With the rise of craft whiskey came a surge of new gins to the market — a matter of economics, says Harris of Manhattan Cricket Club. "Whilst many distilleries are waiting for their whiskies to age, they are turning their hand to gin in order to get some cash in the bank," he says. "The results are some pretty cool and diverse gins."

Liquor Lab's Sarkis is also bullish on small-batch gins from places like Ireland and Japan, where the craze is just heating up. "Since gin has already risen in popularity in 2017," he explains, "there's been less juniper available to produce mass quantities. Therefore, people are turning to other alternative countries to produce the product."

GETTY IMAGES

Two-in-One Bars

The cafe by day, wine bar by night concept was a micro trend of 2017, most notable with the Lower East Side's River Coyote. Kenneth McCoy, chief creative officer of the Public House Collective which just reopened the beloved cozy cocktail bar Ward III, sees another two-for-one concept rising: "I feel another trend will be the coffee shop-meets-cocktail bar concept. Instead of just going to a coffee shop or a bar for those individual experiences, why not have the best of both worlds?"

COCKTAIL FACTORY

Cocktails Will Get Fancier

Watching the bartender's fancy prep work is no longer where the spectacle ends when it comes to cocktails, says Ivy Mix, co-owner, Leyenda and former Best American Bartender of the Year at Tales of the Cocktail. "I think people are starting to pay a lot more attention to the aesthetics of a cocktail. It's important to have them look good — we taste with our eyes first!" she says. "Now in the age of Instagramming, every dish we eat and cocktail we drink, it's doubly as important to make our drinks look as good as they taste."

Sarkis of Liquor Lab also sees "the wow factor" leading bartenders to experiment with techniques that used to be limited to finer cocktail bars: "more visual drinks with smoke and fire in cocktails, as well as interesting vessels to hold put the drinks on display."

GETTY IMAGES

Bourbons You've Never Tasted Before

"The phrase 'old is new again' will be applicable with vintage spirits becoming more widespread with a huge emphasis on bourbon," says Sarkis of Liquor Lab. Kentucky's Vintage Spirits Law takes effect this year, making it legal to sell rare and antique bourbons by private individuals directly to retailers, instead of going through a distributor. "We should start seeing more vintage bourbon lists popping up."

Inspiration from the Produce Aisle

Carrots and beets were just the beginning — Genese DeBeaux Perez, executive mixologist at Monarch Rooftop & Lounge, sees the kitchen and bar collaborating even more in 2018. "We're going to start to notice interesting ingredients in drinks that would typically be found, for example, on a flatbread pizza, such as figs, arugula or even avocado," she says.

Jim Kearns, beverage director and partner at tiki-inspired Happiest Hour and its downstairs retro cocktail den Slowly Shirley, notes that only 10 years ago "it was difficult to sell many consumers on cocktails containing anything but vodka." Now, "drinks are being inspired by an ever-widening range of flavors, cuisines, spices and ingredients, and that is truly exciting."

GETTY IMAGES

YOUR WEEKEND STARTS NOW

ARTS

Under the Radar Festival

The Public Theater pulls all the best theater from around the world that premiered in the past year and collects it in New York for its annual Under the Radar Festival. This year it returns for 12 days, with 26 shows ranging experimental theater like Thunderstorm 2.0 and a speculative, sensory piece about life beyond death called After. There's also comedy, concerts and a free group-karaoke event: You can sing pop music with strangers in "Choir! Choir! Choir!" **Jan. 4-15, Locations and times vary, Free-$45, undertheradarfestival.com**

COMEDY

50 First Jokes

There's got to be some superstition that says you'll have a better year if it starts in laughter; if not, it can't really hurt. Kick yours off at 50 First Jokes, a tradition at the Bell House. Comedians including Jo Firestone, Emmy Blotnik and Matteo Lane tell some of the very first knock-knocks, one-liners and stand-up sets of the new year, inviting New Yorkers to wade into 2018 with the rare smile on their faces. **Jan. 5, 8 p.m., The Bell House, 149 Seventh St., Brooklyn, $15, thebellhouseny.com**

BURLESQUE

Nasty Canasta's Pajama Party

If you got all dolled up for New Year's Eve but wound up jealous of the friends who stayed cozy at home in their PJs, you can make up for it this weekend by donning your favorite onesie and heading to Nasty Canasta's Pajama Party. Be forewarned: Not everyone's nighties will stay on, with performances by Amuse Bouche, Bunny Buxom and Puss N Boots. **Jan. 5, 8 p.m., Littlefield NYC, 635 Sackett St., Brooklyn, $15-$30, littlefieldnyc.com**

MOVIES

"Your Name"
COMIX WAVE FILMS

The Contenders 2017

MoMA's annual Contenders retrospective series of the year's cinematic highlights is always a treat, giving you another chance to see movies you may have missed on the big screen. The series includes the critical darling "Lady Bird," newspaper drama "The Post," and the smash hit Japanese time-traveling drama "Your Name." **Through Jan. 12, Museum of Modern Art, Titus 1, 11 W. 53rd St., free-$12, moma.org**

FILM

First Look Festival

The Museum of the Moving Image kicks off the new year with its First Look Festival, dedicated to previewing the best of what's happening in film around the world. The series will feature over two dozen works, starting with Blake Williams' Prototype, a 3-D sci-fi film that evaluates the effects of the hurricane that devastated Galveston, Texas, in 1900. This sets the tone for 2018's lineup, with a variety of genre-bending stories told through experimental formats. **Jan. 5-15, Museum of the Moving Image, 36-01 35th Ave., Queens, $15-$45, movingimage.us**

MUSIC

Happy Birthday, Dolly Parton

It's Dolly Parton's birthday Jan. 19, and if you can't be invited to the ranch personally, you can still join one of the most happening parties being thrown in the country diva's honor at Union Hall this Saturday. The all-nighter features top Dolly Parton cover band Doll Parts, as well as burlesque artist Darlinda Just Darlinda and stand-up's Calcuttabitch. The event is hosted by Fantasy Grandma. Just don't ask how many years they've been doing this — a lady never tells! **Jan. 6, 8 p.m., Union Hall, 702 Union St., Brooklyn, unionhallny.com**

PARTY

Thank You For Everything

House of Yes has been gracing Bushwick with its unique brand of artistic debauchery for two years, and it's celebrating its second anniversary in its current home with a blowout party over two nights this weekend. The revelry will include the aerial acts, go-go dancers and other live entertainment you've come to expect from the venue, plus DJs like David Kiss, Whitney Fierce, Playsuit and Eli Escobar. Celebratory dress is required. There will, of course, also be cake! **Jan. 5-6, 10 p.m.-4 a.m., House of Yes, 2 Wyckoff Ave., Brooklyn, Free-$20, houseofyes.org**

RACING

Visionaire Racing: Grand Finale

Mini-car racing tournaments were popular in Japan in the '80s, and they're seeing a second life with modern fans who are excited to design and race their own Tamiya Japan Cup-style model cars. In December, competitors brought their miniature cars to race on the largest Mini4WD track on the East Coast, installed at Cadillac House. This Sunday, finalists from those challenges will face off at Visionaire Racing's Grand Finale. **Jan. 7, 1 p.m., Cadillac House, 33 Hudson St., free, visionaireworld.com**

MUSIC

Prototype 2018

The way modern audiences think about opera, theater and classical music is changing, and the Prototype festival is dedicated to framing those genres in a way that makes sense to today's fans while promoting the new artists they'd most appreciate. With both full programs and works-in-progress, this year's festival ranges from Secrets, a contemporary jazz opera to Fellow Travelers, a minimalist work about being gay in the time of McCarthyism. **Jan. 7-20, multiple venues, $30-$170, prototypefestival.org**

T. MICHELLE MURPHY

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Fodor's Travel

An entire town gets into the King of Cats Festival. FODORS

The Coliseum

The Italian word *gattare* is slang for "crazy cat lady," and to see *le gattare* in action, visit the Coliseum in Rome late in the day. That's when these dedicated volunteers arrive to feed the cats that live in the nooks and crannies and secret passages of this ancient institution. And what do *le gattare* feed the cats? Spaghetti, of course.

Japan's Cat Island

Cats outnumber humans five to one on Aoshima Island in the Ehime prefecture in northwestern Japan. Once a thriving fishing village, the population of Aoshima has declined to just 15 permanent residents. But the cat population continues to thrive, thanks in large part to the belief here that feeding stray cats brings wealth to the family.

While Aoshima is perhaps the best known, Japan actually has about a dozen islands identified as "cat islands."

King of Cats Festival

The French painter Balthus was fascinated by the image and movement of cats, often incorporating them into his work. He called himself "the king of cats." When he died at his home in Rossiniére, Switzerland, the community honored his creativity with a biennial King of Cats Festival.

But this isn't your typical corn-dog-and-funnel-cake-filled festival. This is a summer-long community art project that encourages each business and household in Rossiniére to create some piece of art that represents a cat. The public gets to vote on their favorite and the winner gets bragging rights.

The Cat Boat

A fabulous opportunity to scoop kitty litter during your vacation is at *depoezenboot*, which means "the Cat Boat." Actually, it's two barges floating on Amsterdam's Singel Canal that have been retrofitted as animal shelters. It's a beautiful setting, but lots of volunteers are needed to help keep it from getting too stinky inside because, you know, 50 cats produce a lot of pheromones. Yet, you can't beat the view and the reward of a having a grateful kitten napping in your lap at the end of the day.

Ernest Hemingway's House

The four-dozen or so six-toed cats, all descendants of a cat given to Papa by a ship's captain in the 1930s, are the primary reason about half of the visitors say they come to Hemingway's home in Key West. These semi-freaky fur balls are free to roam the property, even where visitors are not allowed. Feel free to pet them, but don't try to pick them up. The cats will come to you if they are in the mood, but what else is new?

Brookstown Inn

Sally, the resident cat at the Brookstown Inn in Winston-Salem, North Carolina, just wandered in through the front door of the 70-room boutique hotel. Staff there cater to her every need, as do many of the guests who appreciate it when Sally chooses to spend the night in their room.

Hello Kitty Rooms at the Keio Plaza Hotel

The overdose of pink cuteness may make you throw up just a little, but if you or the children in your life are fans of Hello Kitty, these hotel rooms will play right into your madness.

Hello Kitty toiletries, a Hello Kitty doll souvenir, and Hello Kitty bedtime snacks are among the treats that make the eight themed rooms at the Keio Plaza a destination for family travelers in the Shinjuku area of Tokyo. The Keio Plaza in the Tama area also has four Hello Kitty rooms.

Keio Plaza Hotel in Tokyo will put you up in full Hello Kitty splendor. PROVIDED

Best Friends Animal Sanctuary

With about 1,600 animals, the Best Friends Animal Sanctuary is the largest animal-rescue facility in the country. Many vacationing volunteers stay in one of 12 on-site cabins and cottages. It's OK to take a kitten or two to your room for a little overnight snuggling. Area hotels allow you to bring Best Friends cats to your hotel as well.

Laughing Cat Winery

The official name is Carlson Vineyards, but most people know the Palisades, Colorado, vineyard as the Laughing Cat Winery because of the playful cat juggling mice on the labels. The Laughing Cat series includes semisweet wines like riesling, gewurztraminer, and a few blends. Hank and Gunny, the current feline residents, greet each guest with a handshake. Take that, winery dogs.

Cat'n Around Catskill

If the word "cat" is a part of your destination, you simply have to do something with it, right? So the people in Catskill, New York, fully embraced their name with a public art project called Cat'n Around Catskill.

Each summer, about 50 fiberglass felines appear on the streets of Catskill disguised in some incredibly creative interpretations of our world today: surfer dude cats, Spider-Man cats and Katniss Everdeen. Cleopatra the Cat, Zombie Cats, Cats in Hats, Cat Scans. Cats in cap and gown, in tuxedos, in velvet smoking jackets — a different identity for all of their nine lives.

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IRB #s 15-01480 PI: Marya Gwadz, PhD

ISLES DEFENSE CAN'T BE IGNORED ANYMORE

The Islanders' defense and goaltending is holding the team back from becoming serious contenders in the Eastern Conference. GETTY IMAGES

OPINION

JOE PANTORNO
@JoePantorno

Behold, New York Islanders fans: Your team is slumping. And it isn't pretty.

Since the calendar flipped to December, the Islanders have gone 5-9-2, a horrendous follow-up to a 10-game stretch in which they went 8-2-0. It has sent them freefalling from Metropolitan Division-leading contention to looking up at the two Eastern Conference wild card spots.

The culprits behind the slump are crystal clear as the team's defense and goaltending has been nothing short of insulting. Granted, it has been like this all season. What has really been highlighting their struggles is that the offense is not firing on all cylinders like it had earlier.

New York's attack is second-best in the league with 137 goals scored, though they've been held to two goals or fewer in each of their last three games.

Now, usually, the mark of a good team is that the defense and goaltending can at least steal you a point or two when the offense suddenly goes cold. The problem is that just will not happen with these Islanders.

Only the Arizona Coyotes have allowed more goals than the Islanders' 144. In their last 10 games, New York has allowed five or more goals six times.

That's putrid.

The Islanders have dressed nine-different defensemen in their first 40 games as injuries have played a part. Calvin de Haan, who is tied for the team lead with a plus-11 rating, is likely out for the season after suffering a shoulder injury that needed to be surgically repaired. Johnny Boychuk, a first-pairing defenseman, is out week-to-week because of a lower-body injury.

Boychuk's first-pair partner, Nick Leddy, is carrying a minus-15 rating this season while the rest of the defense is being carried by unproven, inconsistent talent.

Entering the 2017-18 season, Scott Mayfield, Adam Pelech and Ryan Pulock combined to appear in just 93 NHL games. Not a lot considering these are vital second and third-pairing blueliners now.

Thomas Hickey is an undersized defenseman that has fared better as a fourth-line left winger at times while 36-year-old Dennis Seidenberg does little to add much more muscle.

This kind of defensive unit makes it difficult for the goaltenders behind them to succeed, but Jaroslav Halak and Thomas Greiss have made it painfully obvious that they are not bona fide No. 1 goaltenders in the NHL, regardless of their defense.

With four and five-goal games becoming an almost-nightly habit, viewers will find themselves saying at least twice a tilt that there were soft goals allowed by Islanders goaltending.

Entering the season with a platoon system in place, Halak has been getting the nod over Greiss recently, which is the lesser of two evils. But not by much.

In 25 appearances, Halak is 11-11-2 with a .904 save percentage and 3.19 goals against average.

However, Greiss has been even worse despite a 9-5-2 record. Thanks to his offense simply outscoring the opposition, Greiss has a winning mark despite a .884 save percentage and 3.82 goals against average.

Without a doubt, the Islanders have the offensive firepower to be a playoff team, but general manager Garth Snow has to find a way to alleviate some of the pressure away from the scoring. The longer this season progresses without a change being made at the back, the tighter the offense will be holding their sticks, which won't end well for a team that should make the postseason this year.

The NHL trade deadline is on Monday, Feb. 26. Snow has to do something before then to ensure his team remains in contention through the winter.

I know, this is a statement we've been saying about Snow for years now. But with a take-action ownership duo of Jon Ledecky and Scott Malkin, a slumping team that is trying to sign John Tavares to a long-term extension while preparing for a bright future in a new home, Snow's status with the team could be in jeopardy if he can't piece together a contender.

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Plaintiff (s) vs. MINNIE JOHNSON LEWIS; et al; Defendant (s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about October 20, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On February 2, 2018 at 10:00 am. Premises known as 16104 121ST AVE, JAMAICA, NY 11434
Block: 12553 Lot: 9
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York, and designated as and by Lots Numbered 13 and 14 in Block 10 on a certain map entitled, "Map of Jamaica Park, Property of the Greater City Homes, situated at Jamaica in the Fourth Ward of New York, State of New York, Surveyed July 1906 by E.W. Conklin, C.S., Jamaica, New York, and filed in the Office of the Clerk (now Register) of Queens County November 20, 1906 as Map Number 742". As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $560,230.75 plus interest and costs.
INDEX NO. 24126/10
Scott Kaufman, Esq., Referee

NOTICE OF SALE
IN FORECLOSURE
STATE OF NEW YORK
SUPREME COURT: COUNTY OF QUEENS WELLS FARGO BANK, N.A. Plaintiff, vs.
JOY CHIANG, CHIA HUEY CHOU, et al., Defendants
PLEASE TAKE NOTICE THAT
In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on October 23, 2017, I, Heidi Henle, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on January 12, 2018 at the Queens County Supreme Court, Courtroom #, 25, 88-11 Sutphin Boulevard, Jamaica, County of Queens, State of New York at 10:00 A.M., the premises described as follows: 45 29 Robinson Street a/k/a 4529 Robinson Street a/k/a 45-29 Robinson Street Flushing, NY 11355
SBL No. 5202-49. ALL THAT TRACT OF PARCEL OF LAND situate in the Borough and County of Queens, City and State of New York
The premises are sold subject to the provisions of the filed judgment, Index No. 705024/2016 in the amount of $232,887.29 plus interest and costs.
Victoria E. Munian, Esq.
Woods Oviatt Gilman LLP
Plaintiff's Attorney
700 Crossroads Building,
2 State St. Rochester,
New York 14614
Tel.: 855-227-5072

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
FEDERAL NATIONAL MORTGAGE ASSOCIATION;
Plaintiff(s) vs. IVAN MANSTRA; KAMALA MANSTRA; et al;
Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about February 2, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEWYORK, IN COURTROOM # 25. On January 19, 2018 at 10:00 am. Premises known as 21634 113TH STREET, QUEENS, NY 11429
Block: 11233 Lot: 23
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $313,452.47 plus interest and costs.
INDEX NO. 18262/2010
Joseph Trotti, Esq., Referee

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
WELLS FARGO BANK, NA SUCCESSOR BY MERGER TO WELLS FARGO BANK SOUTHWEST, NA, F/K/A WACHOVIA MORTGAGE FSB F/K/A WORLD SAVINGS BANK, FSB.; Plaintiff(s) vs. BARBARA J MURRAY; et al; Defendant(s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524, 845.897.1600 Pursuant to judgment of foreclosure and sale granted herein on or about June 9, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On January 12, 2018 at 10:00 am. Premises known as 183-61 CAMDEN AVENUE, SAINT ALBANS, NY 11412
Block: 10346 Lot: 0053
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward of the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $489,694.19 plus interest and costs.
INDEX NO. 22465/13
Dominic A. Villoni, Esq., Referee

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
WILMINGTON SAVINGS FUND SOCIETY, FSB, DOING BUSINESS AS CHRISTIANA TRUST, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLELY AS TRUSTEE FOR BCAT 2015-13ATT, Plaintiff, vs.
RAKESH RANI; JEET SINGH, ET AL., Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on February 22, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on January 19, 2018 at 10:00 a.m., premises known as 80-47 251st Street, Bellerose, NY.
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 8564 and Lot 46.
Approximate amount of judgment is $536,220.28 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 23624/12.
Kerry Katsorhis, Esq., Referee
Knuckles, Komosinski & Manfro, LLP,
565 Taxter Road, Ste. 590,
Elmsford, NY 10523,
Attorneys for Plaintiff

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
BANK AMERICA, N.A.,
Plaintiff, vs.
ANTHONY TIMS A/K/A ANTHONY D. TIMS, ET AL.,
Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on August 02, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on January 19, 2018 at 10:00 a.m., premises known as 191-02 110th Road, Saint Albans, NY.
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 10949 and Lot 104.
Premises will be sold subject to provisions of filed Judgment Index # 14527/13.
David L. Cohen, Esq. Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garden City Plaza
Garden City, NY 11530
Attorneys for Plaintiff

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NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS, 38-12 ASTORIA BLVD LLC, Plaintiff, vs. CANUTO RAMOS, ALBERTO RAMOS, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017, I, the Undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on January 19, 2018 at 10:00 a.m., premises known as 87-11 32 Avenue, a/k/a 87-11 32nd Avenue, East Elmhurst, NY 11369. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1399 and Lot 34. Approximate amount of judgment is $926,299.84 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 2187/2010. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the Mortgagee's attorney, or the Referee.
Steven Wimpfheimer, Esq.
Referee
Peter T. Roach & Associates, P.C. 6901 Jericho Turnpike, Suite 240 Syosset, New York 11791
Attorneys for Plaintiff

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
U.S. BANK TRUST, N.A., AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST;
Plaintiff (s) vs. PARSRAM SANKAR; SAVITRI SANKAR; et al;
Defendant (s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.
2 Summit Court, Suite 301
Fishkill, New York, 12524
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about February 27, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25. On February 2, 2018 at 10:00 am. Premises known as 104-45 111TH STREET, RICHMOND HILL, NY 11419
Block: 9534 Lot: 71
ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $814,025.33 plus interest and costs.
INDEX NO. 702240/2014
Dominic A. Villoni, Esq., Referee

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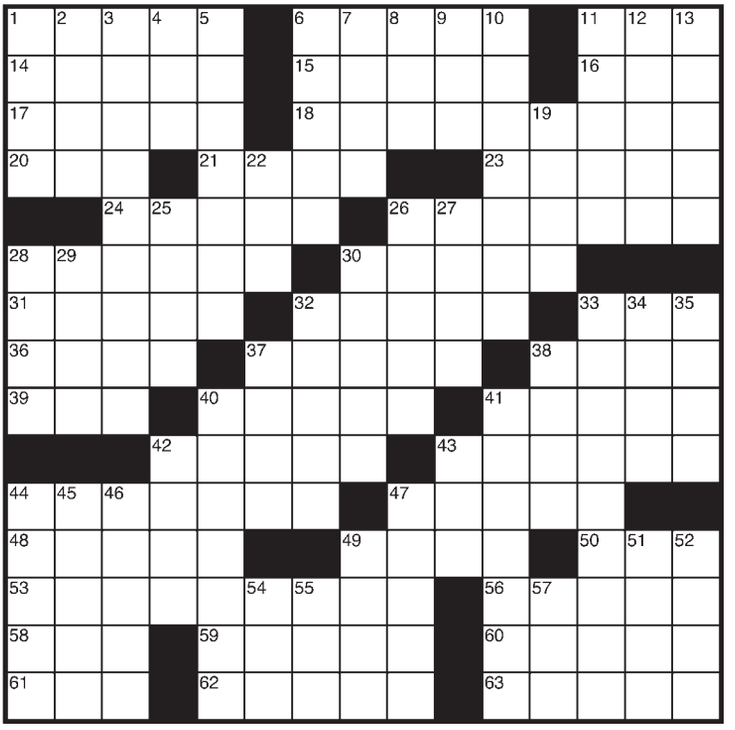
Across
1 Jars
6 Urges on
11 Mr. Ameche
14 Orange-and-white rental (hyph.)
15 Useful thing
16 -- you with it?
17 "48 Hrs." lead
18 Apathy
20 Doo-wop's -- Na Na
21 Russian veto
23 Felt nostalgia
24 Web surfer's must
26 NASA splashdown
28 Sure! (2 wds.)
30 Subatomic particles
31 Late bloomer
32 Light-headed?
33 Regal emblem
36 Miss Muffet's fare
37 Ribs and chops
38 Roquefort hue
39 Stockholm carrier
40 Yeats and Keats
41 The present
42 Dumps a lover
43 Alligator milieux
44 Kidnaps
47 Cowcatcher?
48 Unwritten on
49 Gull relative
50 Herr in Madras
53 Flourished
56 Slalom obstacles
58 Id --
59 Escalator part
60 "Maria --"
61 Keep it down!
62 Describing underbelly
63 Like some jokes

Down
1 Hair balls?
2 Oops! (hyph.)
3 Sled dogs
4 -- a lid on it!
5 Willowy
6 Hawthorne's town
7 Jr.'s exam
8 -- Enterprise
9 Second notes
10 Grant
11 Intimidate
12 Decree
13 Down and out
19 Sardine holders
22 So far
25 Be compliant
26 Disorderly demonstrations
27 Zillions of years
28 Veers
29 Safety agcy.
30 Urban maps
32 Sugar crop
33 Gallery hanging (2 wds.)
34 Make hay
35 Falls for
37 Shed
38 Anchor terminus
40 Fence stakes
41 Played banjo
42 Carl Gustav --
43 Private's word
44 French clerics
45 Feel embarrassment
46 Foe of Luke and Han
47 Helen of "I Am Woman"
49 Pair of mules
51 Landlord's income
52 By Jove! (2 wds.)
54 Hematite
55 PBS funder
57 Frazier foe



metro.us/sudoku

easy

6				4			2	3
	3	9		1			7	
		2			3		9	4
8					4			
			7	5	9			
			3					7
9	8		5			2		
	4			8		6	3	
2	1			9				8

hard

		4		7		5		
8					1			
	6			2	3			
7	9	3				8		2
6	8						7	1
4		1				3	6	5
			5	9			1	
			7					9
		8		1		2		

metro.us/horoscopes

Aries A change in lifestyle is apparent. Embrace whatever comes your way and make up for whatever loss you encounter. Getting along with others will help the process.

Taurus A change to your personal finances or a pending legal or health matter must be handled with intelligence. Exercise moderation when decisions need to be made.

Gemini Build a solid home base. The people spend the most time with should have similar interests and something to offer. Don't be tempted by people mired in bad habits.

Cancer If you want to pitch in and help a cause, do so, but not at a price that would be too high emotionally, financially or physically. Only offer what's reasonable.

Leo Don't let anyone come between you and your dreams. Plan your actions and execute them with intelligence. Now's the time to make a positive change.

Virgo Walk away from anyone using emotional tactics to get you to do or purchase something questionable. It's in your best interest to downplay your personal assets.

Libra You'll come up with great suggestions, giving you the chance to impress someone you'd like to collaborate with in the future. Make changes that will improve your life.

Scorpio Personal problems will surface if you are insensitive or take someone for granted. Nurture an important relationship before you are accused of neglect.

Sagittarius Educate yourself and look at all the angles before you engage in something that will require your undivided attention. Back away if you feel the least bit uncertain.

Capricorn An unusual opportunity will arise. Be sure that the information you are given is accurate before you get involved in a venture that could disrupt your personal objectives.

Aquarius Partnerships may need to be realigned to fit the changing circumstances you face at home. Use common sense to come up with a workable solution.

Pisces Put your heart and soul into getting ahead. A positive change will take place if you are ambitious and adaptable. Pitch in for financial gain to be yours. EUGENIA LAST

Yesterday's answers

H	A	N	G	S		M	E	M	O		B	S	M	T
E	L	I	O	T		D	R	A	B		U	T	A	H
R	E	C	U	R		S	A	C	S		M	E	N	U
A	C	E	T	I	C		S	H	E	A	R	I	N	G
				N	U	B		U	R	B	A	N	A	
S	P	A	N	G	L	E			V	I	P			
W	A	R	E	S		R	E	S	E	T		A	A	H
I	S	L	E		B	L	A	N	D		E	L	S	A
G	O	O		S	E	E	T	O		U	N	T	I	L
			N	E	T			R	I	P	S	O	F	F
	H	A	U	N	T	S		T	N	T				
D	E	C	A	D	E	N	T		S	I	C	K	L	E
E	A	R	N		R	A	I	D		G	L	E	A	M
A	V	E	C		E	R	L	E		H	I	N	D	U
L	E	S	E		D	E	E	R		T	O	T	E	S

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